

Healthy Crustless Chicken Pot Pie

Ajoke

This healthy crustless chicken pot pie is the ultimate answer to what's for dinner. A light dinner packed with veggies! it is flavourful, delicious and ready under 30 minutes.

 5 from 5 votes



PREP TIME

5 mins

COOK TIME

20 mins

TOTAL TIME

25 mins



COURSE

Chicken, Main Course

CUISINE

American

SERVINGS

6

CALORIES

316 kcal



EQUIPMENT

- Skillet

INGREDIENTS

- 4 cups shredded chicken
- 3 tbsp unsalted butter
- 3 cups frozen mixed vegetables
- 1 cup finely chopped yellow onions
- 3 garlic cloves
- 1 tsp dried mixed herbs sub for Italian seasoning or Herb de provence
- 3 tbsp all-purpose flour also known as plain flour
- 1 bay leaf
- 1 thyme sprig remove from stalk
- ½ tsp red pepper flakes
- 1/3 cup half and a half substitute with semi-skimmed milk or dairy-free milk of choice
- 2½ cups chicken broth or as needed
- Salt and pepper to taste

INSTRUCTIONS

1. Start by melting the butter in a skillet over medium heat, add chopped onions and garlic and sauté until soft and fragrant.
2. Add frozen veggies, fresh thyme and dried mixed herbs to the sauteed aromatic, stir to combine and cook for about 3 to 5 minutes. *The frozen veg might solidify the sauteed aromatic, don't fret, simply stir to combine and the heat will thaw out the veggies.*
3. Sprinkle flour on the veggies and stir to combine. Add chicken broth, stir to combine, the sauce will begin to thicken as it cooks. Add salt and pepper to taste, red pepper flakes, shredded chicken, bay leave, and stir to combine. Lastly, add the half and half then give a good stir to combine.

Reduce the heat and simmer on medium-low heat for another 8 to 10 minutes. check and adjust seasoning to taste. If the sauce is getting too thick at this point, add water or broth to lighten it. Take it off the heat and serve immediately. Enjoy

NOTES

- Swap the flour for cornflour slurry to make this recipe gluten-free.
- Substitute the chicken for leftover turkey.
- After adding the chicken broth, do a taste test before adding salt to season the sauce.
- If you would be serving the chicken pot pie on its own as a soup, you can add about a cup or two cubed potatoes to make this a more filling dish.

NUTRITION

Calories: 316kcal	Carbohydrates: 25g	Protein: 36g
Fat: 9g	Saturated Fat: 3g	Cholesterol: 71mg
Sodium: 254mg	Potassium: 846mg	Fiber: 4g
Sugar: 2g	Vitamin A: 4730IU	Vitamin C: 12mg
Calcium: 79mg	Iron: 3mg	



Nutritional data: Please note that the nutrition label provided is an estimate based on an online nutrition calculator. It will vary based on the specific ingredients and brands you use. Under no circumstances will thedinnerbite.com be responsible for any loss or damage resulting for your reliance on nutritional information.

KEYWORD

chicken pot pie, crustless chicken pot pie, healthy chicken pot pie



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